

# OKINAWA MARINE

FEBRUARY 21, 2014

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## Royal Thai, US Marines partner in CG-14

**Cpl. Adam Miller**  
OKINAWA MARINE STAFF

BANCHANKREM, Kingdom of Thailand—Royal Thai and U.S. Marines completed aerial insertions and jungle patrol training Feb. 12 at Ban Chan Krem, Kingdom of Thailand, during Exercise Cobra Gold 2014.

The purpose of the training was to further familiarize the Royal Thai Marines and U.S. Marines with the basic tactics, techniques and procedures of jungle warfare.

“Today a platoon of (Royal) Thai Marines and a platoon of (U.S.) Marines assembled at a landing zone where they were picked up by two (MV-22B Osprey tiltrotor aircraft) and inserted at another landing zone to conduct jungle see **THAILAND** pg 5



**Royal Thai Marine Pvt. Worapong Tunya sights in to provide security after disembarking from an MV-22B Osprey tiltrotor aircraft Feb. 12 at Ban Chan Krem, Kingdom of Thailand during Exercise Cobra Gold. Cobra Gold is a multinational and multiservice exercise, which takes place annually in the Kingdom of Thailand and was developed by the Thai and U.S. militaries. Tunya is a basic infantryman from 3rd Small Arms Company, 7th Battalion, 3rd Regiment, Marine Division.**

*Photo by Cpl. Adam Miller*

## Singapore Airshow showcases Marine Corps aircraft

**Cpl. Lena Wakayama**  
OKINAWA MARINE STAFF

SINGAPORE—The sun rose high in the sky, beating down upon the aircraft that sat on the asphalt. It was hot, but still, long lines of spectators formed around the U.S. Marine Corps aircraft and the crews that manned them.

The Singapore International Airshow 2014 opened to the public Feb. 15-16 at the Changi Exhibition Center in Singapore.

The international airshow brought together companies and aircraft from the aerospace community to showcase their technology and allowed the U.S. to demonstrate its strong ties with Singapore, as well as its flexible aircraft capabilities.

“These types of public events where Marines interact with the public are of tremendous value,” said Lt. Col. Larry G.

see **AIRSHOW** pg 5

## Okinawa, Pacific area Marine Corps news available online now

In an effort to best serve its readership with relevant, timely news and information and to remain competitive with modern news resources and the immediate news cycle, the Okinawa Marine newspaper is being discontinued. The final hard-copy publication and distribution of the Okinawa Marine newspaper will be the Feb. 28 issue. To view Okinawa and Pacific-area Marine news, please visit any of the following sites.

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**Members of the public line up outside of a KC-130J Super Hercules Feb. 15 during the Singapore International Airshow 2014 at the Changi Exhibition Center. The Singapore International Airshow 2014 helps demonstrate strong U.S. and Singapore ties and flexible aircraft capability and enables engagement with foreign partners. The C-130 is with Marine Aerial Refueler Transport Squadron 152, Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force. Photo by Cpl. Lena Wakayama**

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AT SANDFISHER**

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# Heart Health: preventing heart disease

Megan Chapman

While February is often celebrated as a month of love and romance, the Center for Disease Control has also deemed it American Heart Month for Disease Control and Prevention. Heart disease is the number one killer of both men and women in the United States.

With today's busy lifestyle, people consume many unhealthy, processed foods, without a proper balance of fruits and vegetables in their diet.

The CDC reports that about 600,000 people die of heart disease in the United States every year – that is one in every four deaths.

High blood pressure, high- and low-density lipoprotein cholesterol and smoking are key risk factors for heart disease.

Obesity and other chronic diseases, such as diabetes and high blood pressure, also contribute to the risk of developing heart disease.

However, cardiovascular disease is preventable through exercise, smoking cessation, limited alcohol consumption and eating healthy oils, fruits, vegetables and whole grains. Small lifestyle changes can cut your risk by up to 83 percent.

If you are worried about heart disease, one of the most important things you can do is to start eating a heart-healthy diet. Changing your diet can help stop or even reverse heart disease.

At first, it may seem like there is a lot to learn. But you don't have to make these changes all at once. Start small. Over time, small changes can add up to a big difference in your heart health.

Learn your personal heart disease risk factors. Pull out your most recent test results (cholesterol, blood sugar, blood pressure), call your doctor to get them, or make an appointment for testing.

Knowing your numbers is important to preventing heart disease. Find out what yours are today!

The following foods listed are all top-performers in protecting your heart and blood vessels:

- **Oatmeal**—Start your day with a steaming bowl of oats, which are full of omega-3 fatty acids, folate and potassium. This fiber-rich food can lower levels of LDL or bad cholesterol and help keep arteries clear. Opt for coarse or steel-cut oats, which contain more fiber than instant varieties.
- **Salmon**—Rich in omega-3 fatty acids, salmon can reduce blood pressure and prevent clotting. Aim for two servings per week, which may reduce your risk of dying of a heart attack by up to one-third.
- **Avocado**—Add avocado to a sandwich or spinach salad to up the amount of heart-healthy fats in your diet. Packed with monounsaturated fat, avocados can help lower your LDL levels while raising the amount of HDL cholesterol.
- **Nuts**—Walnuts are full of omega-3 fatty acids and, along with almonds and macadamia nuts, are loaded with mono- and polyunsaturated fat. Plus, nuts increase fiber in the diet.
- **Spinach**—Spinach can help keep your ticker in top shape thanks to its stores of lutein, folate, potassium and fiber. But upping your servings of any veggies is sure to give your heart a boost. The Physicians' Health Study examined more than 15,000 people without heart disease for 12 years. Those who ate at least two-and-a-half servings of vegetables daily cut their risk of heart disease by about 25 percent, compared with those who didn't eat veggies. Each additional serving reduced risk by another 17 percent.
- **Flaxseed**—Full of fiber and omega-3 and omega-6 fatty acids, a little sprinkling of flaxseed can go a long way for your heart. Top a bowl of oatmeal or whole-grain cereal with a bit of ground flaxseed for the ultimate heart-healthy breakfast.

*Chapman is a registered nurse and Marine Corps Community Services Health Promotion Wellness Educator.*

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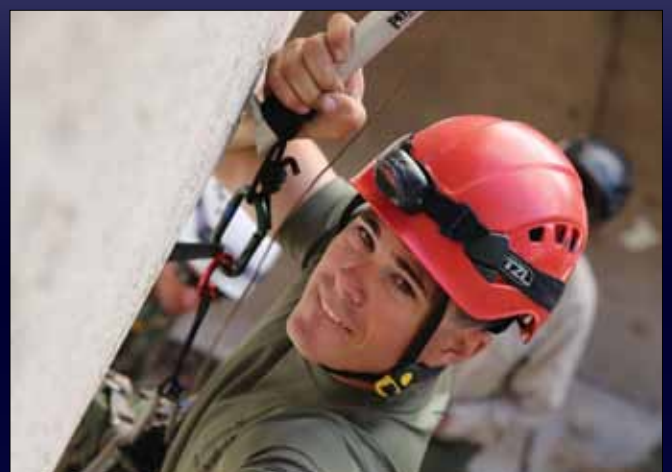
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**A U.S. Marine with 1st Reconnaissance Battalion, 1st Marine Division, provides security while conducting raid training with soldiers from the Japan Ground Self-Defense Force Feb. 7 during Exercise Iron Fist 2014 aboard Camp Pendleton, Calif. Iron Fist is an amphibious exercise that brings together Marines and sailors from the 15th Marine Expeditionary Unit, other I Marine Expeditionary Force units, and soldiers from the JGSDF, to promote military interoperability and hone individual and small-unit skills through challenging, complex and realistic training.** Photo by Cpl. Emmanuel Ramos



**Sgt. Adam Powell demonstrates how to traverse using ice axes and étriers during the assault climber course Feb. 12 at Camp Pendleton, Calif. Powell trained Marines from the 11th Marine Expeditionary Unit's ground combat element, 2nd Battalion, 1st Marine Regiment, 1st Marine Division, I Marine Expeditionary Force, to become qualified assault climbers. Powell is an instructor with the assault climber course.** Photo by Lance Cpl. Evan White

**AROUND THE CORPS**

**OKINAWA MARINE**

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NORTHERN BUREAU  
Camp Hansen  
DSN 623-7229

SOUTHERN BUREAU  
Camp Kinser  
DSN 637-1092



Winner, 2012 DoD Thomas Jefferson Award  
**Best Tabloid Format Newspaper**





**Marines with Light Armored Reconnaissance Company fire light armored vehicle-mounted mortars Feb. 11 during mortar live-fire training at the Central Training Area near Camp Hansen. The LAV-mortar variant is an amphibious reconnaissance vehicle designed for mobile-armored enemy suppression. LAR Company is part of Combat Assault Battalion, 3rd Marine Division, III Marine Expeditionary Force. Photo by Lance Cpl. Cedric R. Haller II**

## Marines fire LAV-mounted mortars

**Lance Cpl. Cedric R. Haller II**  
OKINAWA MARINE STAFF

CENTRAL TRAINING AREA—Marines with Light Armored Reconnaissance Company conducted mortar training with light armored vehicles Feb. 11 at the Central Training Area near Camp Hansen.

"This training was conducted to provide familiarization and sustainment with firing mortars mounted on an light armored vehicle," said Staff Sgt. Mark A. Contreras, an infantry unit leader, currently assigned to LAR Company, Combat Assault Battalion, 3rd Marine Division, III Marine Expeditionary Force, under the unit deployment program. "It ensures my Marines keep their skills tight and intact, and that everyone in their teams are thoroughly learning their jobs."

The training gave the Marines the unique opportunity to experience firing mortars attached to an LAV in subtropical climate.

"What's so unique about firing LAV-mounted mortars is that they're a lot more mobile than a ground-mounted mortar," said Cpl. Jon M. Boese, a mortarman with LAR Co. "It allows us to move into position, fire rounds downrange, and reposition faster than with a ground-mounted mortar system."

Unlike other weapons systems, launching a mortar round accurately at a target is a complicated task that involves multiple Marines to accomplish.

"There are three billets in a mortar team: gunner, assistant gunner and ammunition man," said Lance Cpl. Cullen L. O'Brien, an LAV crewman with the unit. "The (ammunition man) prepares the round, gives it to the (assistant gunner) while the gunner receives data from the fire direction controller and makes the proper adjustments, and then they await the command to fire."

LAV-mounted mortars are an asset to the ground combat element, so it is important that Marines practice these skills so they can provide support and not injure themselves or other Marines in the process, according to Boese.

The Marines understand what it means to

be safe and are committed to being proficient in their jobs.

"Handling and safety is paramount," said Pfc. Jeremiah L. Dagit, a mortarman with LAR Co. "You're holding a 10-pound (explosive) in your hand. If it were to unintentionally explode, Marines would get hurt."

In addition to the precious live-fire training, the Marines strengthened their teamwork.

"I enjoy the camaraderie and the adrenaline rush you get from shooting rounds," said Boese. "I enjoy the science behind it and helping out any other Marines that may need it."



**Lance Cpl. Cullen L. O'Brien prepares a mortar round for live-fire training Feb. 11 at the Central Training Area near Camp Hansen. O'Brien is a light armored vehicle crewman currently assigned to LAR Co., CAB, 3rd Marine Division, III MEF, under the unit deployment program. Photo by Lance Cpl. Cedric R. Haller II**

## BRIEFS

### FREE III MEF BAND CONCERT

III Marine Expeditionary Force Band and University of the Ryukyus Wind Orchestra Band Club will present a spring concert March 14 at the Camp Foster theater. The concert is free and open to the public. No tickets are required. Doors open at 6 p.m., and the concert starts at 7 p.m.

For more information, call 645-3919 or visit [facebook.com/band.IIIMEF](https://facebook.com/band.IIIMEF).

### PREP WORKSHOP FOR COUPLES

The Prevention and Relationship Enhancement Program is hosting a free workshop for married and engaged couples March 14 from 8 a.m. to 4 p.m. at the Foster Education Center.

The workshop will equip couples with communication and problem-solving skills, and help them gain a deeper understanding of each other in their relationship. Childcare reimbursement is available.

The registration deadline is March 10.

To register, Contact Chaplain Clifford Rutledge, 625-2644, or email at [clifford.rutledge@usmc.mil](mailto:clifford.rutledge@usmc.mil).

### GI BILL COMPARISON TOOL

You can now find information online about Post-9/11 GI Bill benefits and the schools and training programs available to education beneficiaries. The new comparison tool makes it easy to estimate Post-9/11 GI Bill benefits with just one click.

You can compare information on more than 10,000 approved education and training programs, including estimated tuition and fee amounts and projected housing allowance. Each school's graduation rate and student loan default rate are also available. Together, the GI Bill benefit estimator and school comparison information enable students to compare education options. Please be advised that this link does not work on a NMCI computer at this time.

For more information, call your MCCS Education Center.

### CONSTRUCTION ON EXPRESSWAY

Maintenance work is ongoing between Okinawa Expressway Yaka (Exit 7) and Kin (Exit 8) interchanges through March 31.

A section of the highway will have reduced lanes and no center divider. Traffic congestion is expected during peak commuting hours and major events.

**TO SUBMIT A BRIEF,** send an email to [okinawamarine.mccb.fct@usmc.mil](mailto:okinawamarine.mccb.fct@usmc.mil). The deadline for submitting a brief is noon Wednesday. Okinawa Marine reserves the right to edit all submitted material.



# JGSDF Western Army Headquarters Support Association visits Camp Schwab

Pfc. Donald T. Peterson

OKINAWA MARINE STAFF

CAMP SCHWAB—Representatives with the Japan Ground Self-Defense Force Western Army Headquarters Support Association visited Camp Schwab Feb. 12.

The visit was designed to deepen its understanding of III Marine Expeditionary Force and its operational capabilities.

During the visit, the representatives received a presentation on the history of Camp Schwab, and the plans for its future by Col. Richard D. Hall, the Camp Schwab commander and commanding officer of 4th Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force.

"During the (meeting), we spoke about the history of Camp Schwab and how changes will be made in the future to have a new flight line put in as part of the (Futenma Replacement Facility) plan," said Hall. "We also discussed how the Japan Ground Self-Defense Force is planning to create their own amphibious element."

With the JGSDF working to create an amphibious element, the discussion of future combined training and exercises was also discussed.

"I hope that when our amphibious unit is created that they can learn and train with the Marines to help increase our capabilities and understanding of each other," said Akira Kashiwagi, the president of the JGSDF Western Army Headquarters Support Association. "This will allow us to work better together (in the future if need be)."

Following the meeting, the representatives were taken to VIP Hill where U.S. Ambassador to Japan Caroline B. Kennedy had visited earlier in the day to observe where the new flight line would be built as part of the FRF plan.

"To the representatives being able to see the future location of the FRF, and knowing that Ambassador Kennedy was briefed on it (as well) is important to them," said Fumio Iha, community relations specialist for Camp



**Representatives with the Western Army Headquarters Support Association discuss the history of Camp Schwab and the future of the Futenma Replacement Facility Feb. 12 at the 4th Marine Regiment Headquarters building on Camp Schwab. "During the (meeting), we spoke about the history of Camp Schwab and how changes will be made in the future to have a new flight line put in as part of the (Futenma Replacement Facility) plan," said Col. Richard D. Hall. "It's important to ensure our counterparts are well informed of the full situation and have their questions answered." Hall is the Camp Schwab commander and commanding officer of 4th Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force. Photo by Pfc. Donald T. Peterson**

Schwab.

During their visit, Hall made sure to answer all questions pertaining to the capabilities of the Marines on Camp Schwab, the FRF program and more, to ensure the representatives were as informed as possible.

"It's important to ensure our counterparts are well informed of the full situation and have their questions answered," said Hall. "Camp Schwab hasn't really been talked about as much as it is now because of the relocation. (The representatives) don't fully know what the Marines have done here at Camp Schwab, like the (community

relations events) with the citizens of Nago, and how the Marines of Camp Schwab consider the citizens of Nago not only friends but family."

Following the completion of the tour, the representatives left with a better understanding of the Marines of Camp Schwab, and future plans.

"Today's visit was very informative," said Kashiwagi. "I have learned a lot about the capabilities of Marines on Camp Schwab, as well as their interactions with the community. I hope that we can continue to work together and strengthen our bond."

## Tax centers open for business

Lance Cpl. Joey S. Holeman Jr.

OKINAWA MARINE STAFF

CAMP FOSTER—Camps Foster and Hansen's tax centers opened their doors Feb. 4 to assist military members' on filing federal and state taxes at no cost.

The tax center offers free tax filing for active-duty service members, retired military personnel, Department of Defense civilian employees, and other Status of Forces Agreement personnel.

"If you are in the (continental U.S.) you have until April 15 to file your taxes, but if you are on Okinawa you have an automatic extension through June 15," said Gunnery Sgt. Benjamin C. Mensah, the staff noncommissioned officer in charge of the Camp Foster tax center.

To file at the tax center, customers are required to bring their military identification card, Social Security cards for the filer and all dependents, copy of the previous year's federal and state tax returns, wage and earning statements (W-2), bank interest and dividend statements, education expense documents, mortgage interest documents, IRA contributions documents, day care expenses with your tax identification number, charitable donation receipts with your tax identifica-

tion number, and your bank routing and account numbers for direct deposits of any refunds, according to Mensah. Additional information and documents may be required for different situations.

The Marines at the tax center are qualified to file state and federal taxes, through the Internal Revenue Services' online course. The Marines complete their training with a weeklong advanced course, which is given by an IRS representative.

"On the IRS website (we) completed all the certifications, which taught us to know how to do more complicated returns such as cancellation of debt, and health and savings programs," said Lance Cpl. Michael T. Brennan, a quality reviewer and tax preparation specialist with the Camp Foster tax center. "At the end of our training, we took weeklong (advanced) classes that went into more details about all the things we learned in the online course."

The Camp Foster tax center accepts walk-ins from 8 a.m. to 2 p.m., and scheduled appointments from 2 p.m. to 6:30 p.m., Monday through Friday. The center will expand its hours for the last four Saturdays leading up to its closure on June 15.

"The tax center is great because it can save you money," said Mensah. "It's a free service, and everyone should take full advantage of this opportunity."

For additional information, visit the Camp Foster tax center located in building 5960 or call 645-4521. The Camp Hansen tax center is located in building 2694 and can be reached at 623-4177.

# Ambassador Kennedy visits Okinawa

**Cpl. Terry Brady**

OKINAWA MARINE STAFF

CAMP FOSTER—Caroline B. Kennedy, the U.S. ambassador to Japan, made her first official visit to Okinawa for the first time Feb. 11–13.

Kennedy visited to gain a better understanding of the Okinawa government and community, and held discussions with Okinawa and U.S. officials on the ground.

“She came to experience the culture of Okinawa and meet the people of the community,” said Dolores Prin, the public affairs officer for the U.S. Department of State in Japan. “As ambassador to Japan, it is important to (gain perspective of) the bigger picture (of Japan), and Okinawa is very important for accomplishing that.”

While on Okinawa, Kennedy met with Hirokazu Nakaima, governor of Okinawa, to foster relations with the local government and laid flowers at Okinawa Peace Memorial Park, expressing her hope to “work as much as possible to build peace.”

“One of the most critical ideals to keep in mind during the visit was to speak to (the people of) the host nation directly,” said Prin. “I think that this visit shows that she makes that imperative.”

The government officials and

community members meetings produced positive feedback amidst controversial opinions of U.S. military operations.

“Everywhere I go I hear about how grateful people are to the (U.S.) military for all the help you gave to (Operation Tomadachi) and in the Philippines (during Operation Damayan) working with the Japan Self-Defense Force,” said Kennedy. “I want to say how inspired and thankful we are to meet you. You share spirit, patriotism and dedication that you bring to work every day.”

Kennedy also visited the Camp Foster Community Center auditorium, in which Lt. Gen. John Wissler, the commanding general of III Marine Expeditionary Force, shared sentiments about her accolades and accomplishments before formally introducing her.

“She sacrificed greatly over her life in service to her country, and to numerous Americans both at home and abroad and continues to serve all of those who serve in Japan,” said Wissler. “She’s applied her education as a passionate advocate and a leader for education, the arts, civil liberties and democracy.”

Kennedy addressed the audience to commemorate its efforts and support to fostering better relations



**U.S. Ambassador to Japan Caroline B. Kennedy, left, talks with Marines after her opening remarks Feb. 13 at the Camp Foster Community Center. This was Kennedy's first official visit to Okinawa since being appointed as the U.S. ambassador to Japan in November 2013. The Marines are with various units within III Marine Expeditionary Force and Marine Corps Installations Pacific.** Photo by Cpl. Terry Brady

between Japan and the U.S.

“For all of us Americans here in Japan we are all ambassadors, so it is great to (be in your presence),” said Kennedy. “I look forward to meeting all of you individually. You have all done such a magnificent job.”

Kennedy also visited the future site of the Futenma Replacement Facility and U.S. Naval Hospital Okinawa.

“You are on the front lines of the 21st century,” said Kennedy. “It may not be easy, but it is incredibly important (in spreading peace and prosper-

ity). Whether it is through environmental cleanups, reading to children (and other activities) your capacity and service is truly an inspiration.”

Kennedy hopes to visit as much of Japan as possible during her position as ambassador and help lead and promote fruitful progress between the two nations.

“Looking at the past of Ambassador Kennedy, there is no doubt that we are in the presence of a great leader and certainly a true inspiration,” said Wissler. “We are honored that she can be here with us today.”

## AIRSHOW from pg 1

Brown, commanding officer of Marine Medium Tiltrotor Squadron 262, Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force.

“We not only show off American technology and hardware, but (the public) also gets to see the personal side by interacting with the human beings and the young men and women that make these machines work.”

The festival attendees lined up to get the opportunity to get up close and personal with an MV-22B Osprey with VMM-262 and a KC-130J Super Hercules with Marine Aerial Refueler Transport Squadron 152, MAG-36, 1st MAW, III MEF.

“Public days like this are important to the Marine Corps and our unit (because it) lets people know

what we’re doing (in the Asia-Pacific region),” said Lance Cpl. Mario J. Peña, a crew master-in-training with VMGR-152. “For example, I’ve been telling people how we (supported) the Philippines when the typhoon hit. We were able to provide them humanitarian aid and relief, and a lot of people were surprised by that fact.”

The Osprey also performed in an aerial demonstration, giving many people a chance to see what a unique aircraft it is.

“We did some basic (Naval Air Training and Operating Procedures) maneuvers (to show) some of the versatility (that the aircraft has),” said Capt. Jason Laird, the assistant operations officer for VMM-262. “(We did) turns over a spot (and) a standard bow to show the nose-up and the nose-down characteristics of the aircraft. We

also did some fast-paced, high-speed brake-turns and maneuvers to show the aircraft’s (maneuverability).”

The Osprey’s flight was very impressive, according to Josh Veerapa, a 10-year-old native of Melbourne, Australia.

“(The Osprey is) so cool because the propellers are so big, and it can do vertical takeoffs and landings,” said Veerapa. “We haven’t seen the V-22 Osprey in real life. I’ve never seen one up close.”

The Singapore International Airshow 2014 has been very successful for the Osprey and the Marine Corps as a whole, according to Brown.

“We’ve showcased the capabilities of the Osprey to all of Asia at Asia’s largest airshow for the first time,” said Brown. “I think it’s been a tremendous success to us as Marines.”

## THAILAND from pg 1

patrolling training,” said U.S. Marine Capt. Mike F. Clevenger, the company commander for Company L, 3rd Battalion, 1st Marine Regiment.

The battalion is currently assigned to 4th Marines, 3rd Marine Division, III Marine Expeditionary Force, as part of the Marine Corps’ unit deployment program.

“The (Royal Thai) Marines know the jungle well and we’ve done our fair share of jungle training, but this training evolution is particularly important because we can teach what we know and they can teach us what they know,” said Clevenger. “Most, if not all, of the (Royal Thai) Marines have never flown in an Osprey before today, which is a good, new experience for them to add to their training. Aside from bilateral training, (one of the U.S. Marine Corps’) purposes here is to build relationships with our Thai counterparts, so both sides will take away valuable training experiences (during Cobra Gold).”

Exercise Cobra Gold is a multinational and multiservice exercise, which takes place annually in the Kingdom of Thailand and was developed by the Thai and U.S. militaries.

“We are interested in learning about the (U.S.) Marines’ technology and

techniques,” said Royal Thai Marine Capt. Jirapan Sukpimai, the company commander of 3rd Small Arms Company, 7th Battalion, 3rd Regiment, Marine Division. “We know how to do what we do well, but we are always happy to learn new things. There’s no one better to teach us these tactics, techniques and procedures than the (U.S. Marines).”

In its 33rd iteration, Exercise Cobra Gold demonstrates the U.S. and the Kingdom of Thailand’s commitment to a long-standing alliance and regional partnership, prosperity and security in the Asia-Pacific region.

“Working with the Thais has been a fun and interesting experience so far,” said Lance Cpl. Beto A. Chavarria, a rifleman with Co. L. “I was really impressed with (their work ethic) and how much we have in common.”

Working together, the alliance conducts joint and multinational training that is vital to maintaining the readiness and interoperability of the Thai, U.S. and other participating military forces.

“Building these relationships is incredibly vital for us, especially with the U.S. military’s focus (on assisting in) the Asia-Pacific region,” said Clevenger. “I know both sides will walk away from this experience with a better appreciation for and understanding of each other’s culture.”



# Company G improves tactics, techniques at KMEP 14-2

Story and photos by Sgt. Anthony J. Kirby

OKINAWA MARINE STAFF

Battlefield commands shouted across the field while rounds fly overhead are familiar to infantry Marines as they work to improve their skills on the ground while in the thick of the fight.

Company G, 2nd Battalion, 3rd Marine Regiment, sharpened its communication and tactics, techniques and procedures Feb. 11 at the New Mexico Live-fire Complex aboard Warrior Base, Republic of Korea, in preparation for its bilateral training with Republic of Korea Marines in the upcoming Korean Marine Exchange Program 14-2.

KMEP 14-2 demonstrates continued dedication to the ROK-U.S.

relationship and contributes to the security and stability of the Korean Peninsula, as well as the Asia-Pacific region.

The company and its battalion are currently assigned to 4th Marines, 3rd Marine Division, III Marine Expeditionary Force, under the unit deployment program.

“Infantry (tactics) are a perishable skill with the communication that goes into it and all the moving pieces,” said Sgt. Kevin C. Manazir, a fire team leader with the company. “If you don’t train or practice, you’re not going to be on the same level with the rest of your guys because it’s more about learning each other than the tactics.”

The training started with the Marines performing fire team and squad rushes, which required each individual in the team or squad



Marines of Company G hike back to their living quarters Feb. 11 from the New Mexico Live-fire Complex aboard Warrior Base, Republic of Korea. The Marines hiked for approximately seven miles with a weight of more than 40 pounds of equipment.



Marines clear a house of simulated enemy targets Feb. 11 at the New Mexico Live-fire Complex aboard Warrior Base, Republic of Korea. The Marines are with Co. G, 2nd Bn., 3rd Marines, currently assigned to 4th Marines, 3rd Marine Division, III MEF, under the unit deployment program.





to shoot multiple mechanized enemy targets to cover other Marines in the team or squad while they ran to an advanced position.

The pattern was repeated until the Marines made it to the limit of advance. At this point, they set up a defensive position to counterattack the simulated enemy. Throughout the training, they wore plated flak jackets and Kevlar helmets.

Executing the rushes makes the Marines become individual thinkers and shows how the squad and fire team leaders are effectively training their Marines with the guidance given from their leadership, according to Staff Sgt. Corey A. Foster, a platoon sergeant with the company. It also shows how the squad and fire team leaders are effectively training their Marines with the guidance given from their leadership.


Following this training, the Marines practiced house clearing with simulated enemy targets while wearing their gas masks.

“Going through with the gas mask on is just another building block to add on to the foundation we already have,” said Manazir. “It’s a communication inhibitor, so it really emphasizes the fact of why you need to be yelling when giving commands.”

For the final part of the training, the Marines hiked approximately seven miles back to their living quarters with a pack of required equipment totaling more than 40 pounds.

“When it comes down to it, this is what infantry Marines are here for—getting boots on the ground,” said Sgt. John P. Webber, a platoon sergeant with the company. “We need to train as much as we can to be ready when we have to use it.”

KMEP 14-2 is just one iteration in a series of continuous combined training exercises designed to enhance the ROK-U.S. alliance, promote stability on the Korean Peninsula, and strengthen ROK-U.S. military capabilities and interoperability.



Marines shoot multiple mechanized enemy targets to cover other Marines in their team or squad while they run to an advanced position Feb. 11 at the New Mexico Live-Fire Complex aboard Warrior Base, Republic of Korea. The two-day training at the complex prepared the Marines for bilateral training with Republic of Korea Marines in the upcoming Korean Marine Exchange Program 14-2. The Marines are with Company G, 2nd Battalion, 3rd Marine Division, currently assigned to 4th Marines, 3rd Marine Division, III Marine Expeditionary Force, under the unit deployment program.



# Marines endure trial by water during jungle training

Story and photos by Lance Cpl. David N. Hersey

OKINAWA MARINE STAFF

**B**oots pack the soft jungle mud as the battalion moves through the trees. Eyes scan the area in search of the next obstacle that stands in the way.

Marines with 3rd Battalion, 1st Marine Regiment, completed endurance training Feb. 12 at the Jungle Warfare Training Center, Camp Gonsalves.

The Jungle Warfare Training Center was established in order to train military personnel how to maneuver and engage in combat while in a jungle environment, according to Staff Sgt. David L. Cole, chief instructor with JWTC, Camp Gonsalves, Marine Corps Base Camp Smedley D. Butler, Marine Corps Installations Pacific.

“We have approximately 17,500 acres separated between four training areas,” said Cole. “We use these areas to train personnel how to make use of skills such as engaging an enemy in combat, conducting reconnaissance, sharpening survival skills, communication, casualty care, patrol and various other skills in a jungle environment.”

During the endurance test, the Marines maneuvered through a four-mile trail. During their movement, the Marines encountered obstacles such as waist-deep water and mud, rope bridges, trenches, simulated enemy encounters, and a simulated casualty event, in which they were required to move a simulated victim with the help of a stretcher.

Through the hardships, the Marines built on their teamwork and camaraderie, according to Sgt. Shawn M. Gleason, a rifleman with Company I, 3rd Bn., 1st Marines, currently assigned to 4th Marines, 3rd Marine Division, III MEF, under the unit deployment program.

“This training made the Marines test their limits and help each other to achieve their goal,” said Gleason. “When you begin to think you can’t do something, you begin to be able to rely on the Marines to your left and right help you push through your limits and beyond.”

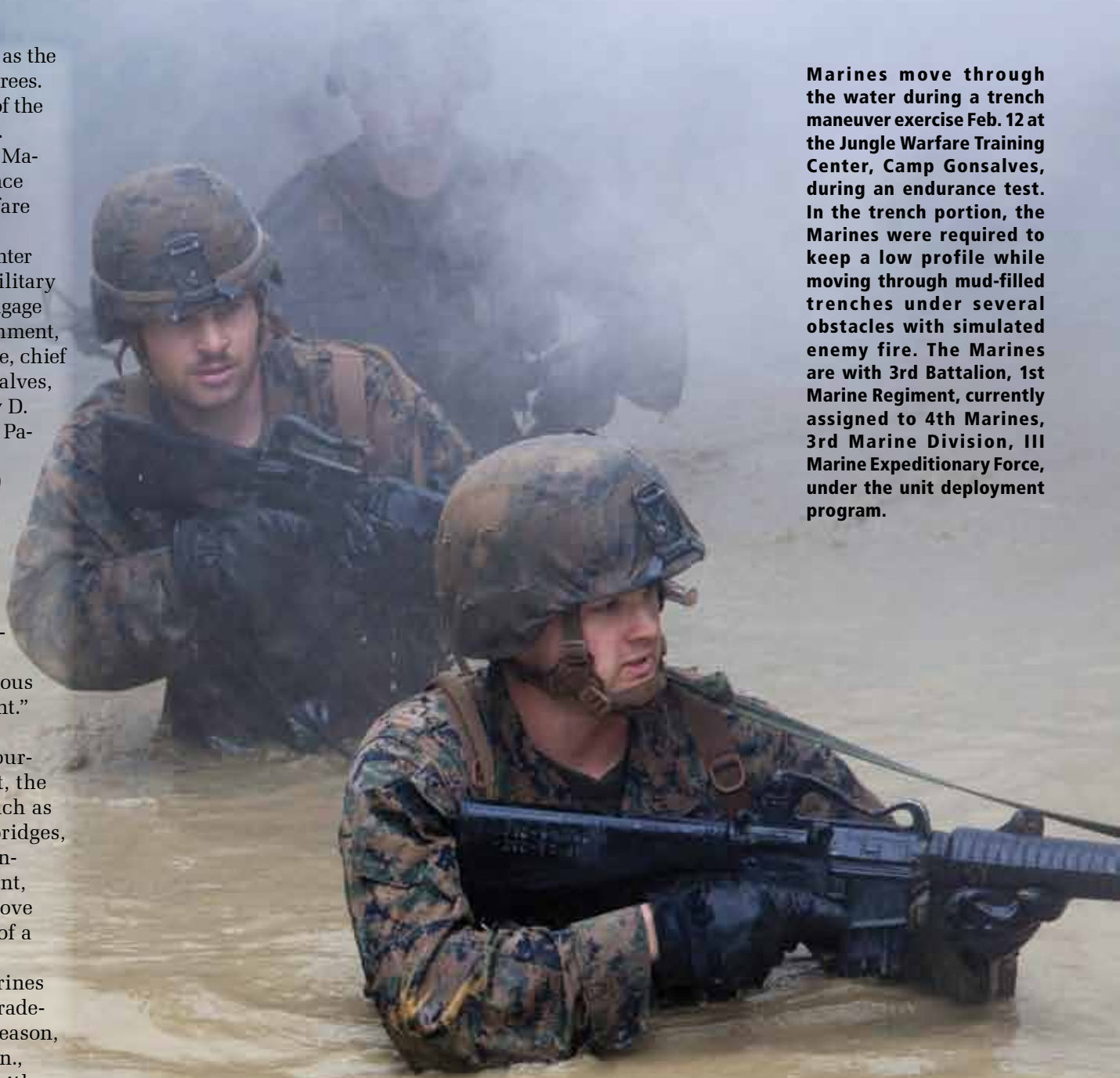
The training ensures that the unit will improve unit cohesion, as well as efficiency by requiring the Marines to work together, according to 1st Lt. Scott D. Suess, a platoon commander with the unit.

“Everyone needs to (work) in order to reach the goal in this kind of training,” said Suess. “The leaders are right there with their Marines, enduring the same obstacles with them and helping them to solve the problems and achieve the mission.”

At the end of the training, the Marines cleaned themselves and their equipment and returned to their barracks, eagerly anticipating the next time they could participate in the training.

“I’d love to do this test again if we have the opportunity,” said Suess. “If we do we’ll be trying to beat our time for getting it done from today.”

Marines move through the water during a trench maneuver exercise Feb. 12 at the Jungle Warfare Training Center, Camp Gonsalves, during an endurance test. In the trench portion, the Marines were required to keep a low profile while moving through mud-filled trenches under several obstacles with simulated enemy fire. The Marines are with 3rd Battalion, 1st Marine Regiment, currently assigned to 4th Marines, 3rd Marine Division, III Marine Expeditionary Force, under the unit deployment program.



Marines climb ashore Feb. 12 at the Jungle Warfare Training Center after passing through one of several obstacles during their endurance test. The test is part of the unit’s jungle training and designed to test its physical and mental capabilities while in a jungle environment. The JWTC is located on Camp Gonsalves, Marine Corps Base Camp Smedley D. Butler, Marine Corps Installations Pacific.



# Marines face Kin Town club in tournament

**Pfc. Donald T. Peterson**

OKINAWA MARINE STAFF

The sharp tap of a plastic ball hitting the table is quickly followed by a quick, snapping sound, as the small white pingpong ball is batted across the table just barely clearing the net.

Marines and sailors gave it their all in a friendly table tennis tournament against the Kin Town Table Tennis Club Feb. 15 at the Kin Town Education Center Gym.

"A group of Marines and sailors with Combat Logistics Regiment 3, Combat Logistics Battalion 4 and 9th Engineer Support Battalion have been training on Wednesdays after hours to learn and better understand the game (of table tennis)," said Navy Lt. John W. Potter, the chaplain for CLR-3 and CLB-4, both with 3rd Marine Logistics Group, III Marine Expeditionary Force. "They've played in small tournaments before with other Marines. However, I thought it would be a good idea for them to (take on) a more experienced group. Playing with the Kin Town Table Tennis Club is a great opportunity."

The tournament started with practice matches pitting service members against club members for familiarization.

"I haven't been playing table tennis that long," said Lance Cpl. Bin Guo, a motor vehicle operator with CLB-4, 3rd MLG, III MEF. "However, I do play normal tennis which really helps, but playing with the Kin Town team really showed me how much more I have to go to improve at table tennis. Their team is extremely good."

Following the completion of the practice matches, the tournament began.

"The tournament started with five groups consisting of four players each," said Potter.

Each competitor played against each other in separate matches. Once all four matches were complete, two more tournament brackets were created to pair similar skill levels.

"Those who placed in the top three of the four competed in another tournament to decide the number one high-level player," said Potter. "The person who placed first in the first set of matches

also played again in the lower-level matches where the third and fourth place competed against each other to decide the victor of the lower level."

The matches waged on and on, strike after strike until only one was declared victor over all.

It came down to Potter taking on Kiyohi Igei from the Kin Town Table Tennis Club in the final match.

"The Marines and sailors are good players," said Igei. "It was a lot

of fun playing against them, and I hope to play with them again in the future."

After a long, vigorous match, Potter was declared the victor, winning three of the five matches against Igei.

"It was a good match," said Potter. "I play with the Kin Town team for practice quite often to help better my skills. This was not just a victory for me, but for all of us because we made new friends and that's what matters the most."





# Recon aims for excellence at Sandfisher

Story and photos by Cpl. Brandon Suhr  
OKINAWA MARINE STAFF

Controlled pair to the chest; you're going to fire two well-aimed shots when your targets appear," said Gunnery Sgt. Jeremiah T. Dare, as Marines prepared to engage their targets. "Targets!"

Marines with 3rd Reconnaissance Battalion took part in a small-arms, live-fire package Feb. 4-9 at Marine Corps Base Kaneohe Bay, Hawaii, as a part of Exercise Sandfisher 2014.

Sandfisher is an annual bilateral amphibious reconnaissance and combat diving exercise between an international partner nation and the U.S. Marine Corps. The exercise enhances interoperability, improves military-to-military relations, and increases collective military readiness between the services.

The weapons used during the package were the M4 service rifle, the M-27 infantry automatic rifle and the M45A1 close-quarters battle pistol.

"Throughout the week the Marines became more confident with their weapons systems," said Dare, the operations chief for Company B, 3rd Recon Bn., 3rd Marine Division, III Marine Expeditionary Force. "There are still a lot of Marines who do not have the time or chance to become more comfortable with their weapons, so when we get out here and we do repetitions it gives them that chance to

become more confident with the weapons by putting rounds downrange and getting good coaching."

Most of these Marines are relatively new to the reconnaissance field and are eager to learn new techniques, according to Dare.

The Marines were taught weapons tactics, proper hand placement, sight picture, different shooting positions, transition drills, live-immediate action drills and pistol work. The package ended with a pistol qualification course.

"It benefits us a lot. We have to teach the basics first and slowly progress to more advanced steps," according to Cpl. Josh L. Rios, a team leader with Co. B, 3rd Recon Bn. "I think it definitely helps some of these guys to know what to do and what not to do."

It prepares the Marines for real-life situations and builds confidence in their weapons-handling skills, according to Rios.

"The improvements I have seen in my team are leaps and bounds," said Rios. "Over the past few days, they have shown that they (understand the training) and we can see it (by looking at their) targets. Their (target) groups are getting smaller and smaller, and they are becoming more comfortable with their weapons systems."

During the training, the Marines were also able to complete a pistol qualification course, as well as train support elements, according to

Capt. Richard A. Laszok, the executive officer for Co. B, 3rd Recon Bn.

"It has been a great opportunity for the Marines, not only to learn (to use) these weapons systems and qualify on their weapons, but we have included the support assets who have been out here," said Laszok. "This exercise has enabled our Marines to get some instruction time as a leader and a mentor. They became a student, they learned it, and now they are teaching the material back to the Marines who have helped facilitate this exercise."

This live-fire training was the first of two that will be conducted by the unit during the exercise, according to Laszok.

"This was based on basic fundamentals and building a solid foundation in preparation for an advanced shooting package later on in Exercise Sandfisher," said Laszok. "We will be doing mid- to long-range shooting to include medium machine guns, heavy machine guns and the AT-4 light antiarmor weapon."

While the training was focused on accuracy, the next course will focus on advancing what the Marines have already learned.

"This training is important because it teaches everyone how to accurately employ their weapons and gets them comfortable actually using them," said Rios. "This package was put together very well, and our instructors did a great job of teaching us how to shoot our weapons systems."

Marines fire their M45A1 close-quarters battle pistols from short range Feb. 8 during a small-arms, live-fire package at Marine Corps Base Kaneohe Bay, Hawaii. The package covered weapons tactics and retaught the Marines such subjects as proper hand placement, sight picture, various shooting positions, transition drills, live-immediate action drills and pistol work. The package ended with a pistol qualification course. The Marines are reconnaissance men with 3rd Reconnaissance Battalion, 3rd Marine Division, III Marine Expeditionary Force.



Gunnery Sgt. Jeremiah T. Dare gives guidance to Lance Cpl. Greg Steiner Feb. 4 during a small-arms, live-fire package at Marine Corps Base Kaneohe Bay, Hawaii. The package gave the Marines a chance to become more confident with the weapons by putting rounds downrange and getting good coaching, according to Dare. The weapons used during the package included the M4 service rifle, the M-27 infantry automatic rifle and the M45A1 close-quarters battle pistol. Dare is the operations chief for Company B.



Cpl. Ryan E. Walker looks through his combat optics and prepares to fire his M4 service rifle Feb. 6 during a small-arms, live-fire package at MCB Kaneohe Bay, Hawaii. Walker is a reconnaissance man with Company A.



# In Theaters Now

**FEB. 21-28**
**FOSTER**

**TODAY** RoboCop (PG13), 6 p.m.; Winter's Tale (PG13), 9:00 p.m.  
**SATURDAY** The Lego Movie (PG), noon; RoboCop (PG13), 3 p.m.; Winter's Tale (PG13), 6 p.m.; About Last Night (NR), 9 p.m.  
**SUNDAY** RoboCop (PG13), 1 p.m.; Endless Love (NR), 4 p.m.; About Last Night (NR), 7 p.m.  
**MONDAY** Winter's Tale (PG13), 7 p.m.  
**TUESDAY** Endless Love (NR), 7 p.m.  
**WEDNESDAY** About Last Night (NR), 7 p.m.  
**THURSDAY** RoboCop (PG13), 7 p.m.

**KADENA**

**TODAY** The Lego Movie (3-D) (PG), 11:00 a.m.; RoboCop (PG13), 1:00 p.m.; RoboCop (PG13), 3:30 p.m.; About Last Night (R), 6:15 p.m.; About Last Night (R), 9:00 p.m.  
**SATURDAY** The Lego Movie (PG), 11:00 a.m.; RoboCop (PG13), 1:45 p.m.; The Lego Movie (PG), 4:30 p.m.; About Last Night (R), 7:15 p.m.; About Last Night (PG), 10:00 p.m.  
**SUNDAY** The Lego Movie (PG), 11:00 a.m.; RoboCop (PG13), 1:15 p.m.; The Lego Movie (3-D) (PG), 4:00 p.m.; About Last Night (R), 6:15 p.m.; About Last Night (R), 9:00 p.m.  
**MONDAY** The Lego Movie (3-D) (PG), 4:30 p.m.; Winter's Tale (PG13), 7:30 p.m.  
**TUESDAY** RoboCop (PG13), 4:30 p.m.; About Last Night (R), 7:30 p.m.  
**WEDNESDAY** RoboCop (PG13), 4:30 p.m.; Endless Love (PG13), 7:30 p.m.  
**THURSDAY** The Lego Movie (3-D) (PG), 4:30 p.m.; About Last Night (R), 7:30 p.m.

**COURTNEY**

**TODAY** Winter's Tale (PG13), 6 p.m.; RoboCop (PG13) 9:00 p.m.  
**SATURDAY** The Lego Movie (PG), 3 p.m.; RoboCop (PG13), 6 p.m.  
**SUNDAY** Winter's Tale (PG13), 3 p.m.; About Last Night (NR), 6 p.m.  
**MONDAY** Endless Love (NR), 7 p.m.  
**TUESDAY** Closed  
**WEDNESDAY** Endless Love (NR), 7 p.m.  
**THURSDAY** Closed

**FUTENMA**

**TODAY** RoboCop (PG13), 6:30 p.m.  
**SATURDAY** Endless Love (NR), 7 p.m.; RoboCop (PG13), 7 p.m.  
**SUNDAY** Winter's Tale (PG13), 4 p.m.  
**MONDAY** About Last Night (NR), 6:30 p.m.  
**TUESDAY-THURSDAY** Closed

**KINSER**

**TODAY** RoboCop (PG13), 6:30 p.m.  
**SATURDAY** Winter's Tale (PG13), 3 p.m.; RoboCop (PG13), 6:30 p.m.  
**SUNDAY** The Lego Movie (PG), 1 p.m.; RoboCop (PG13), 3:30 p.m.; About Last Night (NR), 6:30 p.m.  
**MONDAY-TUESDAY** Closed  
**WEDNESDAY** About Last Night (NR), 6:30 p.m.  
**THURSDAY** Winter's Tale (PG13), 6:30 p.m.

**SCHWAB**

**TODAY** RoboCop (PG13), 6 p.m.; Winter's Tale (PG13), 9:00 p.m.  
**SATURDAY** RoboCop (PG13), 6 p.m.; About Last Night (NR), 9:00 p.m.  
**SUNDAY** RoboCop (PG13), 4 p.m.; Endless Love (NR), 7:00 p.m.  
**MONDAY** RoboCop (PG13), 7 p.m.  
**TUESDAY** Winter's Tale (PG13), 7 p.m.  
**WEDNESDAY-THURSDAY** Closed

**HANSEN**

**TODAY** RoboCop (PG13), 6:30 p.m.; RoboCop (PG13), 10 p.m.  
**SATURDAY** RoboCop (PG13), 6 p.m.; RoboCop (PG13), 9:30 p.m.  
**SUNDAY** Winter's Tale (PG13) 2:30 p.m.; RoboCop (PG13), 6 p.m.  
**MONDAY** About Last Night (NR), 7 p.m.  
**TUESDAY** Winter's Tale (PG13), 7 p.m.  
**WEDNESDAY** Endless Love (NR), 7 p.m.  
**THURSDAY** RoboCop (PG13), 7 p.m.

**THEATER DIRECTORY**

**CAMP FOSTER** 645-3465  
**KADENA AIR BASE** 634-1869  
**(USO NIGHT)** 632-8781  
**MCAS FUTENMA** 636-3890  
**(USO NIGHT)** 636-2113  
**CAMP COURTNEY** 622-9616  
**CAMP HANSEN** 623-4564  
**(USO NIGHT)** 623-5011  
**CAMP KINSER** 637-2177  
**CAMP SCHWAB** 625-2333  
**(USO NIGHT)** 625-3834

Movie schedule is subject to change without notice. Call in advance to confirm show times. For a complete listing and 3-D availability visit [www.shopmyexchange.com](http://www.shopmyexchange.com).



## SINGLE MARINE PROGRAM EVENTS

For more information or to sign up, contact the Single Marine Program at 645-3681.

**FUTENMA BATTLE SITES TOUR**

• SMP is hosting a trip on Feb. 25 to historical battle sites and memorials on Okinawa, including Kakuza Ridge, the Japanese Navy Underground and Peace Prayer Park. For more information, call the SMP office at the number above.

**DRAGON BOAT RECRUITMENT**

• SMP is recruiting for its 2014 dragon boat team. Practices start March 14. Don't miss this great opportunity! For more information, call the SMP office at the number above.

Mention of any company in this notice does not imply endorsement by the Marine Corps.

## TEST YOUR CORPS KNOWLEDGE:

Which Marine assisted in the iconic flag raising on Iwo Jima and was later immortalized in a Johnny Cash song?

See answer in next week's issue

**LAST WEEK'S QUESTION:**

What Marine program was started in 2001 to increase the character and mental fitness of Marines?

**ANSWER:** The Marine Corps Martial Arts program.

## 日本語

## Japanese phrase of the week:

“Ikura desuka?”

(pronounced: ee-koo-rah dehs-kah)

It means “How much (money)?”

## CHAPLAINS' CORNER

### “Pingpong, anyone?”



**Lt. John W. Potter**  
CLR-3 AND CLB-4 CHAPLAIN

I once stood up at a crowded town hall meeting on Okinawa when a colonel asked for morale and welfare suggestions. I said I had two great passions that I try to share with others because I believe they are life-affirming and happiness-building. One is the good news about Jesus Christ, and the other is the joy of playing pingpong. Confused faces turned my way. I thanked the camp commander for maintaining chapels where faith communities freely gather to pursue spiritual truth, extremely important! But what was my morale-improvement idea?

I suggested adding pingpong tables to the gym, a place where Marines who were interested could not only practice seriously and reach higher skill levels, but also be involved in a sport that is culturally relevant. After all,

pingpong is extremely popular in the region.

My vision for a professional training facility on base never got funded, but public exposure as a chaplain who is crazy about pingpong slowly led to many connections with people. It's hard not to smile during a game of pingpong. Now, I can proudly say that my unit has a team. We just played our first tournament against an Okinawan club. Even though our team won, it doesn't really matter. What mattered was there was lots of laughter exchanged and friendship made.

God's call on your life can be narrow and difficult. On that pathway, however, God loves to reveal something he has made delightful to your own heart and ask you to share it with others.

Want to test pingpong's morale-boosting qualities? Take me up on my pizza challenge. The Schwab, Hansen and Futenma USOs all have tables. I'll be glad to buy a pizza for you ... if you beat me.

FOR UPCOMING SPECIAL WORSHIP SERVICES AND EVENTS FOR ALL MARINE CORPS BASE CHAPELS, CALL 645-2501 OR VISIT [WWW.MCIPAC.MARINES.MIL](http://WWW.MCIPAC.MARINES.MIL) AND LOOK UNDER "AROUND MCIPAC"